



### Talking Points for Resiliency: Mission Ready for Life Training DVD

The Resiliency Center commissioned this training DVD on psychological resiliency as part of KSNG TAG's Resiliency Program. The DVD is to be distributed widely to Kansas National Guard Soldiers and Airmen, and can be taken home to watch with family members.

As a First Line Leader, you are instrumental in helping encourage your Soldiers and Airmen to watch the DVD. Here are a few tips for promoting this film to your troops:

- **It's important and practical:** Being resilient is important for mission readiness, and it's important for your life. The skills covered here are practical, can be implemented immediately, and will make your life better. There are tips for improving your ability to handle stress physically as well as emotionally, and for strengthening your relationships.
- **It's interesting and different:** The film blends interviews with experts, National Guardsmen, and their family members with a fictional storyline about young Guard members that helps you see the resiliency concepts being taught in action. It moves along quickly and holds your attention.
- **It's short:** The film is only 53 minutes long. There are a lot of important concepts covered as simply and efficiently as possible, to make the most of your time. It will be time well spent.

Watch the film yourself. You'll see how the concepts being taught can be applied in your life immediately with good results. Then encourage your troops to watch it at home with their significant others (and even older teen children). Let them know that they'll get practical ideas that they can use to make their lives better. Share your perspective and how the information helped you.

Thank you for your help in building the resiliency of the Kansas National Guard.

*Recommendation: Using a Facilitator will result in a more effective use of the video. The Facilitator's Discussion Guide is available for your Resiliency Trainers to use when viewing the film. If you desire to have your FRG view the video, consult the Family Programs office or your Family Readiness Support Assistant.*